



Regional Reserve Component (RRC) Combat and Operational Stress Control (FY05-5063)

Note: this is a new HPPI project for FY05. Additional project information and specific project outcomes and lessons learned will be added to this summary as the project progresses.

The health problem or issue

This project addresses the need to increase resilience, mission readiness, and stress tolerance for Army Reserve Soldiers and their families. This Combat and Operational Stress Control (COSC) initiative provides regional support to enhance Soldier and family emotional and spiritual well-being throughout the deployment cycle.

Anticipated outcome

Soldiers and their families who learn resilience skills and know what resources are available will be better able to handle the stressors inherent to the deployment cycle.

Unique and/or innovative program aspects

This COSC program uses a multidisciplinary model to proactively address combat and operational stress issues. Internal and external resources from the DoD, VA, Army One Source, and community agencies have been integrated to meet the emotional and spiritual needs of Soldiers and their families throughout the entire deployment cycle.

Demonstration of program effectiveness and/or impact

Program effectiveness has been demonstrated by: increased use of COSC services; ongoing Command support for development of additional measures to meet emerging needs; positive feedback from Soldiers, families, leaders and community; and invitations to speak at professional meetings and to governmental and community organizations.

How this program improve overall force readiness and deployability

The goal of this project is to develop mission-ready and stress-resilient Soldiers and families that are capable of self-sustainment throughout the emotional phases of the deployment cycle. Program resources provide Soldiers and their families with practical tools they can use to manage stress. This preparation enables them to be proactive in managing stressors during and after deployment. Anecdotal evidence indicates the program may also result in increased Soldier retention.

Potential impact on the HPPI portfolio

Program materials and outcomes will be included in a Combat and Operational Stress Resource Guide.